

Family Discussion Questions

Exploring Our April Theme: Embracing Possibility

These questions are designed to help families engage the theme through family discussions and can be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This process strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

1. What does the word possibility make you think of?
2. Who in our family is most likely to take the words, "It's impossible!" as a challenge?
3. What possibility are you looking forward to?
4. What's one thing you did recently that would not have been possible five years ago?
5. Does having a lot of possible choices about something excite you or stress you out?
6. What makes forgiveness possible between two people, even when they're really mad at one another?
7. Have you ever seen an animal do "the impossible"?
8. What advice would you give a friend who wanted to do something but was also scared about it and telling themselves, "No, I could never do that"?
9. How does it feel when you try something new and don't know how it will turn out?
And what do you tell yourself in order to face that uncertainty with courage?
10. When something doesn't go the way we hoped, what possibilities might still be there?
11. Who helps you remember that things can change when you're feeling stuck or discouraged?
12. How can we be gentle with ourselves while we're figuring things out?

